

## NEWS

# Legends of Mt. Timpanogos

## Native American Legends Enshrine Wasatch Mountain

One of my favorite fascinations is the legend of Timpanogos. Many summers of my youth my family drove from our home in Salt Lake County to American Fork. Our destination was Timpanogos Cave.

My parents never failed to point out the Indian maiden sleeping on top of Mt. Timpanogos, then we would head up the canyon and climb the trail to Timpanogos Cave.

Once inside the cave our guide would

It wasn't until I moved to the Heber Valley eight and a half years ago that I began to appreciate the east side of the mountain as the front side.

It is much easier to make out the form of the sleeping maiden from the east side and, in my opinion, the mountain is much more beautiful from the east side.

Locals have a saying, the sun shines on the east side of the mountain first each morning and the west side last. This is how they know they live on the front side of the mountain.

In the last eight and a half years I have been converted to the true perspective. We, in Heber Valley, live on the front side of the mountain.

But whatever your personally perspective, the legends of Mt. Timpanogos will enthrall you.

Indian legends of Mt. Timpanogos are many and varied, but common themes suggest they are probably grounded in truth.

Each legend includes a beautiful maiden and a young chief. They fall in love and the young chief must prove his courage and worthiness to marry the maiden by winning contests against other young braves. Ultimately, he wins each of the contests, as the young maiden knew in her heart he would.

In most of the legends, the two young lovers are from different tribes. The young chief's tribe has a rule; no marrying outside the tribe as women from other tribes are not as beautiful, brave and worthy as their own.

One legend accounts for the naming of the mountain as a combination of the names of the young lovers. In this legend, the chief was known as Timpanac and the maiden as Ucanogos.

Another legend insists the word Timpanogos translates to mean "sleeping maiden."

The common elements in each ending include the young maiden's taking of her

own life and her young chief following after her. The maiden's sleeping form is memorialized on the top of Mt. Timpanogos with her head lying south and her long hair flowing down into Provo Canyon. Her feet are on the north end of the mountain.

Some have suggested if you look at the mountain from north to south, you can also see the silhouette of the young chief, his head on the north and feet to the south.

One legend describes how, in death, the young lovers hearts were melded into one and placed deep inside Timpanogos Cave in the form of a beautiful stalactite.

Another claims this is the broken, bleeding heart of the young Indian chief.

The cave is located on the north side of Mt. Timpanogos in American Fork Canyon.

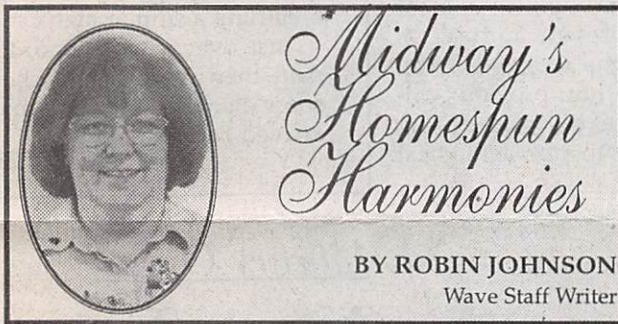
Bridal Veil Falls, in Provo Canyon, has been called the young chief's tears that fall from his face as he weeps for his lost bride.

Finally, one more natural phenomenon has been attributed to the young Indian chief. From mid July to the latter end of September, each evening from around 5 p.m. to sunset, the sun filters through the mountain on the north side of Mt. Timpanogos. At this time, there is a shadow created across Mt. Timpanogos looking over Deer Creek Lake. It is said this filter-

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ing of shadow and sunlight creates an illusion over the entire mountain, from top to bottom, of an Indian chief in full feathered headdress. He is gazing directly upon the face of his beloved Indian maiden.

Information for this article was found in Heber Valley Railroad, a History in Motion by Stephen L. Carr and on the internet at [www.timpfest.org](http://www.timpfest.org).



tell us stories of the young lovers who died on the top of this mountain.

The highlight of our trip inside the cave was the large stalactite reaching down toward a smaller stalagmite. It has the shape of a human heart. Our guide always told us it represented the love of the sleeping Indian maiden and her Indian lover.

I was raised on the west side of Mt. Timpanogos and understood the west side was the front side of the mammoth Wasatch Range. It is from this perspective that I learned these Indian legends.

Meanwhile, a young boy was growing up on the east side of the mountain, thinking his side was the front side of Mt. Timpanogos. Each year the young boy and his father would climb to the top of the mountain.

I met and married this young boy about 20 years ago. He has never once been inside the cave and I have never once walked along the top of the mountain.

Even after we married and moved to Salt Lake City, he continued his tradition of a yearly climb to the top of Mt. Timpanogos.

I proudly told people of his annual pilgrimage up the backside of Timpanogos and he would always say, "The back side?"



## AROUND THE COUNTY

# Up, Up and Away With The Senior Citizens

**Thursday, Dec. 6:** Chicken fried steak, mashed potatoes and gravy, corn, peaches, roll and butter, parfait, and milk.

**Friday, Dec. 7:** Cod fillet, English chips, cole slaw, pears, roll and butter, oatmeal cookie and milk.

**Monday, Dec. 10:** Fried chicken, potato salad, baked beans, roll and butter, brownie and milk.

**Tuesday, Dec. 11:** Meatloaf, macaroni and cheese, carrots, applesauce, roll and butter, peanut butter cookie and milk.

**Wednesday, Dec. 12:** Sweet and sour chicken, rice, broccoli, Hawaiian salad, roll and butter, sweet roll and milk.

These meals are funded by Mountainland Association of Governments and the State of Utah.

### Firesides

Firesides will be held Mondays at 7:30 p.m.

**Dec. 10:** Choralettes

**Dec. 17:** Kerry Ellertson and Mountain Valley Singers

### Calendars

We have our 2002 calendars and they will be \$2.50 this year.

### Shopping

We are taking the van shopping on Wednesday, Dec. 12. They will leave the Center at 9:30 a.m.

### Nevada Getaway

Featuring: Laughlin and Las Vegas. This trip is planned for March 19-22, 2002.

We will stay in Laughlin at the Flamingo Hilton two nights and then one night at the Orleans in Las

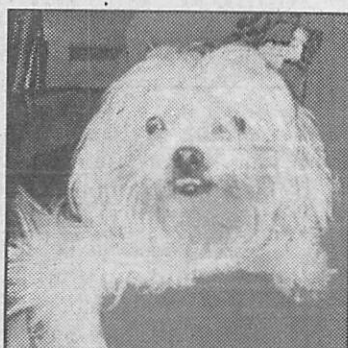
Vegas. The price for double occupancy is: \$169 each. Single occupancy is: \$219, and triple occupancy is: \$162 each. We have brochures at the Center.

### HEAT Program

Blain Webster is at the Center on Monday and Wednesdays, from 9 a.m. to 2:30 p.m., taking applications for the HEAT program. This is what you will need to apply: 1. Some form of identification. 2. Social Security cards for yourself and all persons in your household who are age 18 or over. 3. A copy of your utility bill from each of your utility suppliers, or a printout from your utility companies showing what your coldest months bill were at your present address. 4. Verification of proof of income received by all members of your household during previous calendar month. 5. Proof of medical bill paid during previous month if you intend to use a medical deduction.



# Adopt a Pet



BY LINDA POWELL

# Just Stuff

Nice weather we're having. Eubank finally pulled his v his closet and he's gotten his past week.

"Oh, the weather outside is you can say that again!

"I'm dreaming of a white C up and smell the hot cocoa, dream. "Walking in a winter w

Did you hear that great, big, last week? It was the Salt Committee breathing a sigh of to be getting a bit worried. resounding sigh was echoed b breathing a similar sigh.

Just over a week ago, they And then there was a cheer snow borders and snowmobi arrived and in a big way!

## Library Corner

# Notes From

### What's New

New in the AUDIOBOOK collection this week: "Black House" by Stephen King and Peter Straub, "Comfort Me With Apples" by Ruth Reichl, "Fire" by Sebastian Junger. We also have some new LDS FICTION: "An Unexpected Love" by Michele Ashman Bell, "Megan by lack Weyland, "Christmas by the Cherry Snow", "Jerusalem's Heart" by Bodie Thoene, "Stand a Little Taller" by Gordon B. Hinckley and "Come Unto Me, the second volume of The Kingdom and the Crown by Gerald Lund. We also have some new fantasy-sci-fi: "Venus" by Ben Boom, "Ascending" by James Alan Gardner, and "The Curse of Chalion" by Lois McMaster Bujold. We have our Christmas books, music and videos available for checkout.

### Did You Know?

## INCOME CHART

Family size	*Maximum Monthly Income	Family size	*Maximum Monthly Income
1.	\$895	4.	\$1839
2.	\$1210	5.	\$2154
3.	\$1524	6.	\$2468

### Nauvoo Temple Open House

We have this tour planned for June 8-14, 2002. The Highlights are: Winter Quarters - Kaneshville - Tabernacle - Des Moines Capitol - Amana Colonies - Nauvoo sites - Temple open house - Carthage Jail - Garden Grove - Mt. Pisgah - Session at Omaha Temple - Ten Meals - Round Trip Air and Escorted out of Salt Lake City. The Price is:

Double Occupancy - \$1,079 each; Triple Occupancy - \$999 each; Quad Occupancy - \$961 each; Single Occupancy - \$1,334.00

We have brochures at the Center. You need to sign up early.

## legend

A legend is a long-told story or a group of related stories about a person or a place that is popularly believed to have some historical truth. MYTHOLOGY, in contrast, frequently takes the divine or the supernatural as its primary subject. Myths and legends are often intermixed, however, as in the stories of the ODYSSEY, where legendary people encounter the gods and goddesses of Greek myth.

In medieval Europe, legendries were written accounts of the miraculous lives of saints. The best known was the 13th-century Golden Legend, which was translated (1483) from the French by the first English printer, William CAXTON.

Many legendary figures were national heroes, figures like King Arthur or Charlemagne in the CHANSON DE ROLAND, people to whose lives are attached cycles of legends that mix fact and fantasy and relate marvelous exploits, each bearing the hallmark of the hero's dedication to a particular set of worthy qualities. Thus Arthur and the Knights of the Round Table are renowned for their legendary courtesy and valor, ROBIN HOOD and his men for their loyalty and defense of the downtrodden. Geoffrey Chaucer's Legend of Good Women (1380-86) relates the stories of notable women of history whose lives or deaths bore witness to their passionate fidelity to love.

Legendary figures in the United States include such people as Johnny Appleseed (see CHAPMAN, JOHN), CALAMITY JANE, and Butch Cassidy—as well as great historical figures whose names have become associated with exemplary tales: George Washington and Abraham Lincoln are among the most obvious. In current usage the term may also be applied to more contemporary narratives and to the people or incidents that have inspired such tales: Marilyn Monroe, Elvis Presley, Howard Hughes and his last will and testament have all assumed legendary status in present-day America.

In a more restricted sense, the word legend refers to inscriptions on coins and the explanatory messages often found on maps and charts.

Marjorie Collins

Bibliography: Cavendish, R., ed., Legends of the World (1982; repr. 1989); Dorson, Richard M., America in Legend (1974) and Folklore and Folklife (1972); Leach, M., and Fried, J., eds., Funk & Wagnalls Standard Dictionary of Folklore, Mythology and Legends (1984); Shenkman, R., Legends, Lies, and Cherished Myths of American History (1988).

See also: ARTHUR AND ARTHURIAN LEGEND; EPIC; FOLKLORE; SAGA.